

Characteristics of a Tactile/Kinesthetic Learner:

- Learns through moving, doing, and touching
- Learns best through a hands-on method, actively exploring the world around them
- Enjoys tasks that involve manipulating materials and objects
- speak with their hands and with gestures
- Remembers what was done, but has difficulty recalling what was said or seen
- Good at drawing designs
- Often doodles while listening, thus processing information
- Good at drawing designs, art, cooking, construction, engineering, sports, mechanics, and using appliances and tools
- Often adventurous
- May find it hard to sit still for long periods
- May become distracted by their need for activity and exploration
- Sits near the door or someplace else where they can easily get up and move around
- Is uncomfortable in classrooms where they lack opportunities for hands-on experience
- Needs to be active and take frequent breaks
- Finds reasons to fidget or move when bored
- Relies on what they can directly experience or perform

Make your Learning Style work for you!

Tactile/Kinesthetic Learners:

- Take frequent study breaks and vary your activities
- Make studying more physical—work at a standing desk, chew gum, pace while memorizing, read while on an exercise bike, mold a piece of clay, squeeze a tennis ball
- Use bright colors to highlight reading material
- Dress up your work space with posters and color
- Play music in the background while you study
- When reading, first skim through the whole thing to get a feel for what its about, then read the chapter carefully
- Use spatial note taking techniques such as mind mapping
- Visualize complex projects from start to finish before beginning—this will allow you to keep the big picture in mind